



September 2006

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The 50's Rock! Anniversary Celebration, Wednesday, September 27, 2006, 11:00 am – 2:00 pm
 To set the scene: remember when Eisenhower was president; Elvis was king; cars were large; hula hoops were twirling? This joint will be jumping with two hours of musical entertainment and dancing to the JC Combo. Enjoy popular songs from the fifties and other eras, including conga, samba rhythms. For lunch we will have a special menu from El Golfo Restaurant: Sautéed beef sirloin in a special sauce, rice, beans, green and tomato salads, cake and fresh fruit. Seating is limited and reservations are a must. **Please pay \$5.00 in advance to reserve your place. No tickets sold at the door.**



Photos of 2005 Anniversary Party

Classes Resuming This Month: Ceramics, Acrylic Painting, Computer

Please refer to the *Classes and Programs* section of this newsletter for details.

Baltimore Bound, Tuesday, September 26, 2006, 9:30 am – 3:00 pm

Spend the day shopping and eating at one of the 160 shops at Harborplace or just enjoying the atmosphere at one of America's oldest ports. Cost for transportation to be announced. Bring a bag lunch or money for lunch on your own. Please note the extended trip hours and make sure that you have arranged for transportation to and from the center. Sign up with Levora. Space limited to 22 participants.

Election Day is Coming, Electronic Voting Machine Available for Practice

Prepare for Primary Election Day, September 12, 2006 and General Election Day, November 7, 2006. The machine is located outside the director's office. Ask staff for assistance.

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September Highlights

Speakers, Entertainers and Special Events

Friday, September 1, 12:00 pm

Story Circle: Home

Our lives are made up of many interesting events which make us who we are. Let's share our stories of the places where we were raised that we call 'home'. Lola Skolnik facilitates.

Monday, September 4

Labor Day Long Branch Senior Center is closed.

Tuesday, September 5, 11:00 am

Jefferson Café™: First Day of School

It's back to school with Fran Jordan and Francine Jamin of Montgomery College's Paul Peck Institute for American Culture and Civic Engagement leading a discussion and reminiscence.

Wednesday, September 6, 11:00 am

Poetry: Donald Hall, Poet Laureate

Julia Burger of Arts for the Aging brings poetry readings for the group to enjoy and discuss.

Thursday, September 7, 11:00 am

Santé Discussion Group

Join Astrid Humanez from Affiliated Santé in a conversation about life's issues and solutions.

12:00 pm

Long Branch Advisory Committee Meeting

Friday, September 8 *Craft Club, T'ai Chi, Spanish Class, Exercise, Better Bones. Take your pick!*

Monday, September 11, 10:00 am

Games Club

Games expert John Goon will teach new games and old. Newcomers are always welcome.

Tuesday, September 12, 11:00 am

Dressing to Look Your Best

Tired of the old look? Have some fun discussing tips on dressing your best from color coordination to figure flattering styles with an Adventist Healthcare speaker.

Wednesday, September 13, 11:00 am

Remembering the 50's

Eisenhower was president, big cars were the norm, poodle skirts were the rage and television was just beginning. Join us for a lighthearted look at the 50's.

Thursday, September 14, 11:00 am

The Amish: A People of Preservation

Filmed in Lancaster County, Pennsylvania, the oldest Amish community in America, this award winning PBS documentary takes us inside the world of the Amish from their origins to modern life.

1:00 pm

September Birthday Celebration

Thank you to Genesis Health Care for the delicious cake for our September birthday celebration.

Friday, September 15, 12:00 pm

Story Circle: Siblings

Who were our companions as we grew up? How did birth order affect who we became? Let's share our stories of growing up with our siblings.

Monday, September 18, 1030 am

Ceramics Class

New 8 week session starts today. Please register in advance. See *Classes section for details*.

Tuesday, September 19, 11:00 am

Music by Somos el Mar

Pat Chen and Bill Davis sing a mix of folk, popular, Caribbean, Celtic and original songs accompanied by a wide variety of instruments. Sponsored by National Theatre Outreach.

Wednesday, September 20, 11:00 am

Poetry Encore: Donald Hall

Julia Burger from Arts for the Aging continues with the poetry of Donald Hall, Poet Laureate.

Thursday, September 21, 11:00 am **Menopause and Beyond**

Dr. C. Kenneth Travers discusses the effects of the change of life and the years after, as well as how to cope with the changes in your body and your emotions.

Friday, September 22 *Activities for all: Craft Club, T'ai Chi, Spanish Class, Exercise, Better Bones.*

Monday, September 25 *See the Classes and Programs section for regularly scheduled activities.*

Tuesday, September 26, 9:30 am – 3:00 pm **Mini Trip**

Baltimore Harbor beckons, so join in. Space limited to 22, cost to be announced.

Wednesday, September 27, 11:00 am **The 50's Rock! Anniversary Party**

Act your age! Dance to the samba, conga, Elvis and other 50's hits with the JC Combo. Then dine in style with a special luncheon at 1:00 pm. Reservations with \$5 payment in advance required.

Thursday, September 28, 11:00 am **Midnight Sun Norway**

Sandy Cohen presents a travelogue on the far north above the Arctic Circle where the sun always shines in the summer months and the attractions are many.

Friday, September 29, 12:00 pm **Story Circle: Heroes and Sheroes**

Many people influence our lives and help shape who we become. Let's share stories about those who have been our role models, mentors and heroes and sheroes.

Classes and Programs

Acrylic Painting for Beginners Learn to paint mini masterpieces with step by step instruction from artist Carol Clatterbuck. You do not need to know how to draw. Wednesdays, 10:30 am – 12:00 pm, \$24.00 for 8 sessions, September 20 - November 15, 2006. No class September 27th. Call 301-431-5708 for more details.

Better Bones Osteoporosis Exercise Program Use hand-held weights to perform easy exercises which have been proven to reverse or prevent osteoporosis. Wednesdays and Fridays 1:00 -2:00 pm. To register or for details call Holy Cross Hospital 301-754-7149. There are copies of the permission form and doctor's consent form at the Senior Center reception desk. No fee.

Cambodian Senior Group meets at Long Branch on Sunday afternoons and Fridays from 9:30 -11:00 am for T'ai Chi. Please call Thary Chhim 410-825-6448 for further information and to confirm September dates.

Ceramics Class Instructor Carol Clatterbuck provides beautiful seasonal greenware pieces for you to glaze and demonstrates glazing and finishing techniques. Eight weeks, 1.5 hours, cost \$24, includes cost of the greenware. If you have ceramics experience, you may choose open studio, \$12 for 8 weeks, does not include cost of greenware. Mondays, 10:30 am - 12:00 pm, September 18 – November 15, 2006. No class October 9th.

Citizenship Class Taught by Xiomara Martinez, Mondays and Wednesdays, and Clotilde Ibáñez, Monday and Thursday, 10:30 am, no fee.

Computer Classes Beginner, Internet and Email, and Advanced Word classes. Please call 301-431-5708 for availability, class offering, dates and times. Eight, one hour classes, \$25.

Computer Tutoring If you have taken a computer class, volunteer Edward Ingram is available to give one-on-one help to improve your computer skills, Thursdays 10:00 am – 12:00 pm. No fee.

Craft Club Volunteer instructor Lisette Torres leads craft projects, or bring your own creative ideas to share, or learn from other artsy folks. Materials are provided Fridays, 10:30 am. No fee.

Current Issues Discuss what's going on in the world and express your opinions in this volunteer-lead discussion group. Mondays 10:00 am. Drop in. No fee.

Discussion Group with Dr. Rae Weiss Second and fourth Thursdays, 10:15 am. No fee.

English Classes Volunteer Harold Ames gives Intermediate English instruction Tuesdays at 11:00 am. No fee.

English Tutoring Volunteers are available by appointment for one-on-one coaching and tutoring of basic English skills. No fee.

Games Club Learn new games that are fun to play such as, *Quinto*, *Carcassonne*, *Rummikub*, Mondays at 11:00 am with instruction by expert John Goon the first Monday of the month. No fee.

Knitting and Crocheting Class Learn to knit or crochet with Clotilde Ibáñez. Informal lessons Mondays and Thursdays at 11:00 am. Yarn and needles provided for beginners. No fee.

PACE (People with Arthritis Can Exercise)

Sarah McKechnie conducts this class in Spanish, but you may take the class and follow along with the exercises even if you don't speak Spanish. Tuesdays at 10:00 am and Thursdays at 12:15 pm. Registration is required, but the class sponsored by Holy Cross Hospital is free.

Retired Senior Volunteers Program (RSVP) makes items for children to help them learn their numbers, colors and letters. For those who knit and crochet, items are made for children and infants. Come lend a hand to help a child, Thursdays at 10:00 am. No fee.

Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try. Everyone 55 years or older is welcome. Practice Thursdays, 10:15 – 11:00 am in the social hall.

Senior Fit: Flexibility and Strengthening Exercise Program

Designed especially for seniors age 55 and older, this free 45-minute exercise program focuses on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Sponsored by Holy Cross Hospital, Kaiser Permanente and Montgomery County Department of Recreation. Permission from your health provider is required before beginning the program. For more information or to request a physician's consent form, please call 301-754-7155. Classes are on Mondays and Wednesdays, 12:00 - 12:45 pm, instructor, Patricia Smith. No fee.

Spanish Class Learn functional, conversational Spanish while you have fun. Fridays, 10:00 am – 12:00 pm with native Spanish speaking instructor, Reyna Flores. No fee.

T'ai Chi for Seniors Come experience the gentle stretching and graceful movements and health benefits of T'ai Chi with instructor Fred Nee and Al Carey, Fridays at 9:30 – 11:00 am. No fee.

Vietnamese Senior Association meets every Tuesday, 10:00 am - 2:00 pm at Long Branch Senior Center. Senior Nutrition provides an oriental lunch for participants. (On the second Tuesday of the month all Long Branch Seniors share the oriental meal together.)

Vision Exercises

Improve your balance and peripheral vision with these simple exercises, Wednesdays at 10:00 am. If you can't get to these sessions, the equipment is available to practice on your own. No fee.

Walking Program Tuesdays and Thursdays at 12:00 noon. Everyone is welcome for indoor and outdoor walks. All fitness levels will be accommodated. No fee or registration required.

Senior Center Services

Blood Pressure Screening Suburban Hospital's nurse, Jamie Borns, will provide blood pressure screening every Tuesday.

Exercise and Weight Room Senior Pass Seniors may register to use Long Branch Community Center's exercise and weight room free of charge during Senior Center hours, Monday – Friday, 10:00 am – 2:00 pm. You will also have access to the exercise and weight room at any center that has a senior program during their senior hours at no cost. If you use the exercise room on other days or times, you will have to purchase the regular season pass.

Heart Well Suburban Hospital provides free consultation and monitoring of chronic disease management with a registered nurse at Long Branch Senior Center on Tuesday, 9:00 am – 2:30 pm. To access services you must: be over 65, have a primary care physician, have a diagnosis of cardiovascular disease, consent to allow the nurse to share health information with individual's physician, and agree to inform the nurse when you are hospitalized.

Manna Food Center distributes food to referred people at Long Branch Community Center on Wednesdays from 5 – 7 pm. Each household receives about a 3 to 5 day supply of food once a month. The Senior Center can refer you to Manna. Questions? Call Manna at 301-424-1130.

Mobile Medical Care provides primary healthcare services for patients without health insurance who are residents of Montgomery County, Wednesdays, 8:30 am - 4:00 pm. Sign in begins at 8:00 am. For more information please call MobileMed 301-493-2400.

Mobile Post Office Thursdays 11:15 am – 12:00 noon the post office comes to the center. All services are available except money orders.

Seniors with Disabilities are encouraged to participate in senior programs. Montgomery County Government is committed to complying with the American with Disabilities Act (ADA). If you need auxiliary aids, program assistance or services in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity, 301-468-4540 or TTY 240-777-6974.

Senior Information & Assistance Client Assistance Worker Anita Joseph comes to the Center the second Tuesday of the month at 11:30 a.m. If you have questions about senior programs and services, you can call her at 240-777-1062 to make an appointment. Bi-lingual Client Assistance Worker, Mariaelena Samayoa, is at the Center the first Thursday of the month, 10 am -2 pm. For an appointment call 240-777-3378. Health and Human Services Hotline 240-777-1245.

Transportation to Long Branch for Seniors Door-to-door bus transportation to the center is offered free of charge Monday-Friday within a limited area. To make arrangements please call 301-431-5708.

The mission of the Montgomery County Department of Recreation is to provide high quality, diverse and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.